



**Newburyport Senior / Community Center (SCC)**  
**Program Guide**  
**May/June**  
**2024**

May SPOTLIGHT: Improving mental well being, mood and cognition!



**This May let's focus on ways to improve mental well being and outlook**  
**Check out and sign up for these great programs**

Wednesday, May 1, 2024 11:00-12:00, **Food, Mood and Brain Health**- Join Registered Dietitian, Leigh Hartwell from AgeSpan, to learn about the MIND diet. The MIND diet was developed to reduce dementia and the decline in brain health that occurs as we age. Following this eating plan may also lower the risk of anxiety, depression, and other psychological disorders. Learn how the food choices you make today can lead to a healthier brain tomorrow.

Thursday, May 16, 2024 1:30-2:30, **Physical activity, exercise and Mental Well-Being**-Get moving, any physical activity improves brain function. Join us as we learn about the importance of physical activities and how you can add it into your daily routine. Ilene Harnch-Grady, Newburyport YWCA Health and Wellness/Encore Director



Wednesday, May 29, 2024 10:00-11:00. **Now What?** Are you, a sibling, child, parent, grandchild or someone you know, dealing with anxiety, depression, substance abuse or other mental health issue? If so, finding help can be daunting. Join us to find out about the area mental health outreach team that services our area. EMHOT- Elder Mental Health Outreach Team, from the Amesbury Council on Aging.

These programs are being offered at the Newburyport Senior/Community Center at no charge. Pre-registration is requested. Sign-ups are posted on the Sign-up Wall at the COA. Call Ann at 978-462-0430 for more information.



**Spring Fling– Dance Party!**

**Wednesday, May 22nd from 1pm to 3pm**



Bring your dance shoes and lets get on the dance floor!! DJ Chris Brunelle will be back and spinning a soundtrack that will make you want to get up and join the fun. Chris offers a great mix of line dances, couples dances and general fun music that will keep you on the dance floor. Chris is always willing to take requests!! This is a free event and is sponsored by the FONCOA. Light refreshments will be served and we are asking folks to sign up on the Sign-up wall if they plan to join us.

**Staff Directory:**

Sara Landry- Executive Director  
 Rosemary Coulombe- Transportation & Office Manager  
 Mary Kelly- Activities Coordinator  
 Ann Freeman, LSW - Outreach Coordinator  
 Cindy Meade– Barista  
 Bus Driver/ Facility Stewards: John Henry Charron & Scott Martin

**Hours of operation:**

Monday-Friday 8AM to 4PM

Phone : **978-462-0430**

**Closed on the following upcoming holidays:**

- **Monday, May 27th** : Memorial Day
- **Friday, May 31st** : Administration Day– open for Congregate Dining only!
- **Wednesday, June 19th** : Juneteenth Holiday
- **Friday, June 21st** : All programs canceled due to the *SUMMER BBQ and Car Show*.

**FLOWER BAR-** Wednesday, May 8th—1:00 PM-3:00 PM : Celebrate Spring, Celebrate Mother's Day, or just Celebrate YOU— Make sure to sign-up early for this fun spring event. This program will fill quickly as we have max space for 50 participants to join us. The cost is \$10.00 per person. Jennifer MacLaren owner of the Newburyport Flower Studio will be leading this fun session. Attendees will all leave with a beautiful arrangement of cut flowers. You can bring your own vase, or if you don't have any vases at home, we can provide you with a donated one. Please let us know if you will need a vase when you register! To register for this program, stop by the Main Office.



**Adult Pottery with Time to Clay—Arrow Beach Sign: Monday, May 13th from 1PM–3PM.** Join us for a great instructional class. Everyone will work on creating a *To The BEACH* sign – perfect for summer. Class is \$20 per person and includes all materials and supplies. Technique will be taught, fun will be had! You must sign-up and pay no later than May 10, 2024. This sign will be fired after it is painted and you will be called to come back to pick up your finished piece. Seats for this class are limited to 16 so make sure to register early if you want to take this class, it will likely fill quickly.



**Adult Pottery with Time to Clay– Glass Fusion Lighthouse Sun Catchers: Monday, June 10th from 1PM to 3PM.** In June, we will be playing with glass! Using pre-cut glass pieces we will create a sun catcher to hang in a sunny window. You won't want to miss this fun class. You must pre-register and pay for this class with the front desk, no later than Friday, June 7th. This class is \$20 per person and includes all materials and supplies. This project will be fired after it is assembled and you will be called to come back to pick up your finished piece. Space is limited to 25 and past glass fusion classes maxed out so don't delay!



**BREAKFAST at the Newburyport Senior/Community Center:** Join us for a yummy breakfast homemade by the Director and COA Staff. Breakfast is \$5 pp and you must sign-up and pay no later than the Monday before the breakfast! This is just a time to be social and visit with staff and each other—no agendas just conversation!

**Friday, May 24th at 8:30am–** We will be serving a Waffle Bar– fresh strawberries, blueberries, slice banana, whipped cream, chopped walnuts, syrup, and hash browns, coffee, tea and juice

**Friday, June 28th at 8:30am–** We will be serving scrambled eggs and bacon, coffee, tea and juice.

*Set your alarm clock and we want to see you there!*



**Senator Tarr's office**—Wednesday, May 22nd from 1PM to 2PM and Wednesday, June 12th from 1PM to 2PM-

This hour at the Senior/Community Center is a way for Senator Tarr's office to reach residents of Newburyport and hear what they need, any issues they are having, and how they can be transparent in the community. There is no campaigning or fundraising involved, it is simply to be there and have someone from Senator Bruce Tarr's office present to interact with constituents.

**CLOSED**

The Senior Center will be open for administration and lunch only on **Friday May 31st**. This is an Administration Staff day. We are sorry for any inconvenience this may cause.

**Poetry & Pizza: Food for the Soul and Body– Thursday, May 2nd and Thursdays June 6th at 1 PM**

**May 2nd:** POETRY & PIZZA. 1-3PM Pizza sponsored by OTTO Pizza

**June 6th:** POETRY & PIZZA. 1-3 PM Pizza sponsored by Anchor Stone Deck Pizza

A BIG THANK-YOU to our Sponsors!!!!



Fantastic Poetry and yummy free Pizza!  
a win-win!!

Everyone is welcome, come, read, speak,  
share, listen, enjoy!

**Coffee with the Cops: Mondays June 24th at 9AM (no meeting in May due to Memorial Day!)**

**COFFEE**  
with **COPS**

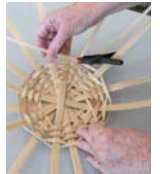


Join the fine men and women of the Newburyport Police Department for great conversation and information. We meet in the Newburyport Senior/Community Center's dining room. Coffee with a Cop brings police officers and the community members they serve together—over coffee—to discuss issues and learn more about each other.

**Building relationships. One cup at a time.**

**Historic Arts and Crafts Sessions: Sponsored by The Custom House Museum: 11am to Noon**

**Basket Weaving: Monday, May 6th:** Basket making in New England traces its origins to indigenous peoples who crafted baskets from natural materials like ash and sweetgrass. With European settlement, techniques evolved, leading to a thriving industry in the 19th century fueled by abundant local resources like white oak and willow. Despite challenges from industrialization, the craft persisted through the 20th century, buoyed by dedicated artisans and cultural preservation efforts. Today, New England's basket making tradition endures, blending traditional techniques with modern designs, preserving a rich cultural heritage for future generations.



**Cotton Spinning: Monday, June 3rd:** Cotton spinning in New England has a rich history rooted in early colonial times. Before the advent of industrialization, families and communities relied on hand spinning wheels to transform raw cotton into yarn for weaving and knitting. This traditional craft was integral to household production and self-sufficiency, with skilled spinners passing down techniques through generations. While industrialization eventually eclipsed hand spinning, its legacy persists in artisan communities and historical re-enactments, honoring its role in the region's textile heritage and the early economy of New England.

Pre-registration is requested— there is a limit of 10 per class. To register please sign-up on the sign up boards!

**Stamp Club: Free Bi-Monthly, Wednesdays; May 8th & 22th and June 12th & June 26th from 1:30PM– 3PM**

The Newburyport Stamp Club meets the 2nd and 4th Wednesday of each month at 1:30 p.m. at the SCC. Club meetings provide an opportunity for stamp collectors to meet and “share their love for little bits of paper.” Longtime collectors or those just returning to the hobby, and beginners are encouraged to join this animated and dedicated group.

**Bill Duke's Water Color Class— NO CLASSES in MAY and JUNE!!** Bill Dukes classes will be **on hold until July**. To join future Bill Duke's classes and learn how to paint a beautiful watercolor scene with no prior painting experience register with Bill. Email Bill at [billduke@wedukeartstudio.com](mailto:billduke@wedukeartstudio.com) to signup for this program.



**Cooking and Conversation**

**This Program is on HOLD for May and June as our instructor will be on vacation!**

**See you in JULY!!!!**

## Regular Classes at the Newburyport Senior /Community Center(SCC)

We have a whole host of amazing programs that take place here at the Newburyport Senior Community Center! Monthly calendars are FINALLY now available at the SCC!



Please make sure to stop by the Newburyport Senior Community Center and pick up the activities trifolds that have all the important day/time information on our regular programs. We offer regular programs such as **Health and Wellness:** Ballet Dance, Exercise to Music, Line Dancing, Tai Chi (Beg. & Adv), Stretch; **Games and Sports (drop in):** Bridge, Chess, Mahjongg, **Arts/Crafts/Hobbies:** Historical Craft Class, Open Art Studio, Ukulele Class (Beg. & Inter), Language groups (Spanish, German and French) and **Additional Services and Programs:** Onsite fitness room, Onsite billiards room, Support Groups, and SO MUCH MORE!!!! A full calendar is posted at the Center.

### My ACTIVE Center Training– Thursday, May 2nd and Thursday June 6th at 11am in the NSCC Boardroom



Did you know that the Senior/Community Center uses a database to track participation? It does and it is super important that everyone checks into our system when in the facility. This helps us know who is attending programs and what programs folks like the most. It also helps us with funding when we apply for grants. There is an ONLINE version of this which allows participants to sign-up or remove themselves from programs. During this training you will learn about our database and how to register online, instead of via the clipboards, for programs you want to attend! The Director will be holding these training session each month and she hopes you can join her to learn about this system, how to use it and why we need it! Sign-up for this training on the sign-up wall in the center's library.

### **MEMBERSHIP UPDATE**

#### **Newburyport Senior/Community Center Membership Updates**

took place in April!! If you still have not updated your membership, there is still time!! It is important that if you want to continue to receive our automated phone messages & emails and stay on our mailing list (Newburyport residents only) you will need to make sure to update your membership. Going forward each April we will be updating our data and **in May we will be eliminating old information!!**

### IMPORTANT PROGRAM UPDATE:

**Chair Yoga is CANCELLED on Thursday May 23rd due to a City Function in the afternoon at the SCC!**

**Do you attend regular programs at the Newburyport Senior/Community Center:** If so, make sure you have a MySeniorCenter scan card. It is super important that everyone that attends programs, checks into the system when they arrive. Accurate data is very important as our center relies on grants and public funds to keep going! Help us by swiping in and pre registering! If you don't have a green and white swipe card, visit the main office and we can get you one!!!

**TEAM TRIVIA– We NEED YOU!!!** A Trivia Rematch between Amesbury, Salisbury and Merrimac COAs will take place on-**Thursday, May 30th TRIVIA at the Amesbury COA 1PM –3PM.** If you would like to attend and be part of the fun, please sign-up on the clip board in the center's library! Don't miss this fun event. If you need transportation please speak directly with Mary Kelly!

offsite







### Village Talks

The *Greater Newburyport Village* is a nonprofit 501(c)(3) membership organization, powered by volunteers and their **mission is** to promote living well and independently through community engagement and neighborly support. The Greater Newburyport Village offers shared social, cultural, and educational experiences, builds community, turning the challenges of growing older into opportunities for new experiences, growth, and satisfaction, arranges for neighborly help at home and transportation when needed to successfully navigate the transitions of aging. Make sure to mark your calendar for these Upcoming Village Talks:

**Wednesday, May 15 from noon to 1:00 Speaker: Richard Burke Jones—extraordinary local artist.** “Recent Works including Watercolor Portraits of World War Two Veterans at Age 100” Well-known for his magnificent historical scenes as well as portraits and landscapes, most recently he has interviewed and painted World War II Veterans.

**Wednesday, June 12 from Noon to 1:00 Speaker: Barb Bailey, researcher for the Newburyport Preservation Trust.** Enjoy a fun and informative presentation on *If This House Could Talk*, an annual event held during Yankee Homecoming. Residents of Newburyport display posters that share history, unique stories or interesting facts about their houses or the people who lived there. Learn more about this fun event including how it started, how to participate and highlights from the first seven years.

### Walker Group 1st Meet-up– Wednesday, May 1st at 9AM



We had a great response to getting a walking group started. I would like to meet up with everyone to discuss what this group might look like. We can set up days/time for the group or groups to meet, location of walks, duration (time), distance, and group name. This meeting will last approximately 30-45 mins. Once all these details are decided on I will create the schedule! These group details will be decided by majority rule so please try to be at this meeting!!!

### Healthy Habits for a happy life– A Monthly Nutrition and Healthy Living program

This informative and fun program features important health tips and tasty samples. It is **free** but you must pre-register. Sign-up on the Sign-Up Wall!!!! **Upcoming classes dates and topics:**

#### **Future Classes: (sign up for as many as you like!)**



- **Wednesday, May 29th at 1pm- Protein: the Body's Own Superman:** learn about protein, why we need it, how much should we have, how can we get more or less in our diets.
- **Wednesday, June 26th at 1pm - Fats that Heal- Fats that Kill**—what is fat, why does your body crave it? Do we need it? What is good fat? What is bad fat? Don't miss this great presentation!!!

#### **Upcoming Healthy Habits programs:**

- ♦ none in July
- ♦ 8/28- **Love your Fruits & Veggies-** Eat More to Live Longer
- ♦ 9/25 - **Salt Taste Bud Thriller or Silent Killer**
- ♦ 10/23 - **Stay Regular-** Enjoy the Power of Fiber in Your Diet
- ♦ 11/27 - **Dairy Foods-** Calcium & Vitamin D Superstars
- ♦ none in December



# May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> 	<p>30</p>	<p>1</p> <p>09:00a Mens CoffeeGroup 09:00a Move to Music <b>09:00a Walking Group - Orientation 1st meet up</b> 10:00a FIT FOR LIFE 10:00a French Beg. Conversation 10:30a Chess Club <b>11:00a Food, Mood and Brain Health</b> 11:00a French Adv. Conversation 11:00a Lunch <b>02:00p Book Club: Next Chapter</b></p>	<p>2</p> <p>08:00a Ukulele Beginner 08:30a BALLETT 09:00a Ukulele- Advanced 09:30a TAP 10:30a Guitar- Beginner 11:00a Lunch <b>11:00a MyActiveCenter Training</b> 12:00p Open Art Studio 01:00p MAHJONGG <b>01:00p Poetry &amp; Pizza</b> 02:30p CHAIR YOGA</p>	<p>3</p> <p>10:00a News &amp; Views 10:00a Oil Painting 10:00a Stretch w/ Lisa 11:00a Emotional Sup. Dogs 11:00a Lunch 11:15a Tai Chi- Adv 12:00p Tai Chi- Beg 01:00p Cribbage 01:00p Zen Doodle 02:00p Ping Pong</p>
<p>6</p> <p>09:00a Mc Gs Discussion Group 09:15a EXERCISE TO MUSIC 10:15a EXERCISE TO MUSIC 10:30a Chess Club <b>11:00a Historical Crafts-Basket Weaving</b> 11:00a Italian Conv. Group 11:00a Lunch 12:00p Gentle Movement 01:00p BRIDGE 01:30p Spanish Conv. Group 02:00p 3B Fitness 03:00p German Conv. Group</p>	<p>7</p> <p>08:30a BALLETT 09:30a TAP 10:30a Chess Club 11:00a Lunch 11:00a ZUMBA GOLD 12:00p Line Dancing 01:15p Table Tennis Therapy 02:00p Pastel Painting 02:00p Ping Pong 03:00p DRAWING</p>	<p>8</p> <p>09:00a Mens Coffee Group 09:00a Move to Music 10:00a FIT FOR LIFE 10:00a French Beginner Conversation 10:30a Chess Club 11:00a French Advanced Conversation Group 11:00a Lunch <b>01:00p Flower Bar Event- \$\$</b> <b>01:30p Stamp Club</b></p> 	<p>9</p> <p>08:00a Ukulele Beginner 08:30a BALLETT 09:00a Ukulele- Advanced 09:30a TAP 10:30a Guitar- Beginner 11:00a Lunch 12:00p Open Art 01:00p MAHJONGG 02:30p CHAIR YOGA</p>	<p>10</p> <p><b>08:30a Birding Tour- Newburys Newman Road</b> 10:00a Hearing Clinic 10:00a News &amp; Views 10:00a Oil Painting 10:00a Stretch w/ Lisa 11:00a Emotional Support Dogs 11:00a Lunch 11:15a Tai Chi- Adv. 12:00p Tai Chi- Beg. 01:00p Cribbage 01:00p Zen Doodle 02:00p Ping Pong</p>
<p>13</p> <p>09:00a Mc Gs Discussion Group 09:00a Watercolor Open Studio 09:15a EXERCISE TO MUSIC 10:15a EXERCISE TO MUSIC 10:30a Chess Club 11:00a Italian Conv. Group 11:00a Lunch 12:00p GentleMovement <b>01:00p Adult Pottery- Beach Arrow-\$\$</b> 01:00p BRIDGE 01:30p Spanish Conv. 02:00p 3B Fitness 03:00p German Conv. Group</p>	<p>14</p> <p>08:30a BALLETT 09:30a TAP <b>10:00a A LOW VISION Support Group</b> 10:30a Chess Club 11:00a Lunch 11:00a ZUMBA GOLD 12:00p Line Dancing 01:15p Table Tennis Therapy 02:00p Pastel Painting 02:00p Ping Pong 03:00p DRAWING</p>	<p>15</p> <p><b>08:00a Podiatrist-appointment only-\$\$</b> 09:00a Mens Coffee Group 09:00a Move to Music 10:00a FIT FOR LIFE 10:00a French Beginner Conversation 10:30a Chess Club 11:00a French Advanced Conversation <b>11:00a Model Ship Club</b> <b>11:00a Traveling Chef</b> <b>12:00p Village Talk</b></p>	<p>16</p> <p>08:00a Ukulele- Beg. 08:30a BALLETT <b>09:00a NCOA Board meeting</b> 09:00a Ukulele- Adv. 09:30a TAP 10:30a Guitar- Beginner <b>11:00a Lunch w/ the Mayor</b> 12:00p Open Art Studio 01:00p MAHJONGG <b>01:00p Self Help with Energy Psychology</b> <b>01:30p Physical Activity, Exercise and Mental Wellbeing</b> 02:30p CHAIR YOGA</p>	<p>17</p> <p><b>08:30a Birding Tour- Explore Little River Trail</b> 10:00a News &amp; Views 10:00a Oil Painting 10:00a Stretch with Lisa 11:00a Emotional Support Dogs 11:00a Lunch 11:15a Tai Chi- Advanced 12:00p Tai Chi- Beginner 01:00p Cribbage 01:00p Zen Doodle 02:00p Ping Pong <b>Walmart Shuttle</b></p>

**\$\$- Pay and Register at the Main office**

Newburyport Senior/Community Center  
331 High Street, Newburyport Ma

**Phone: (978) 462-0430**

# May 2024

<p>20 09:00a Mc Gs Discussion Group 09:15a EXERCISE TO MUSIC 10:15a EXERCISE TO MUSIC 10:30a Chess Club 11:00a Italian Conv. Group 11:00a Lunch 12:00p Gentle Movement 01:00p BRIDGE 01:30p Spanish Conv. Group 02:00p 3B Fitness 03:00p German Conv. Group</p>	<p>21 08:30a BALLET 09:30a TAP 10:30a Chess Club <b>10:45a Writing Group</b> 11:00a Lunch 11:00a ZUMBA GOLD 12:00p Line Dancing 01:15p Table Tennis Therapy 02:00p Pastel Painting 02:00p Ping Pong 03:00p DRAWING <b>03:00p FONCOA Board Meeting</b></p>	<p>22 09:00a Mens Coffee Group 09:00a Move to Music 10:00a FIT FOR LIFE 10:00a French Beginner Conversation Group 10:30a Chess Club 11:00a French Advanced Conversation Group 11:00a Lunch <b>01:00p Senator Tarr Constituent Services 01:00p Spring Fling Dance Party 01:30p Stamp Club</b></p> 	<p>23 08:00a Ukulele Beginner 08:30a BALLET 09:00a Ukulele- Advanced 09:30a TAP 10:30a Guitar- Beginner 11:00a Lunch 12:00p Open Art Studio 01:00p MAHJONGG</p> <div data-bbox="1276 542 1646 782" style="background-color: yellow; text-align: center; padding: 10px;"> <p><b>No Chair YOGA Due to a City Event</b></p> </div>	<p>24 <b>08:30a Breakfast- \$\$</b> 10:00a News &amp; Views 10:00a Oil Painting 10:00a Stretch with Lisa 11:00a Emotional Support Dogs 11:00a Lunch 11:15a Tai Chi- Advanced 12:00p Tai Chi- Beginner 01:00p Cribbage 01:00p Zen Doodle 02:00p Ping Pong</p>
<p>27</p>  <p><b>MEMORIAL DAY</b> REMEMBER &amp; HONOR</p>	<p>28 08:30a BALLET 09:30a TAP 10:30a Chess Club <b>10:30a Gratitude Poetry Class</b> 11:00a Lunch 11:00a ZUMBA GOLD 12:00p Line Dancing 01:15p Table Tennis Therapy 02:00p Pastel Painting 02:00p Ping Pong 03:00p DRAWING</p>	<p>29 09:00a Mens Coffee Group 09:00a Move to Music 10:00a FIT FOR LIFE 10:00a French Beginner Conversation Group <b>10:00a Now What?</b> 10:30a Chess Club 11:00a French Advanced Conversation Group 11:00a Lunch <b>1:00p Healthy Habits- Protein: the Bodys own Superman</b></p>	<p>30 08:00a Ukulele Beginner 08:30a BALLET 09:00a Ukulele- Advanced 09:30a TAP 10:30a Guitar- Beginner 11:00a Lunch 12:00p Open Art Studio 01:00p MAHJONGG 02:30p CHAIR YOGA <b>OFF Site TRIVIA- 1PM In Amesbury!</b></p>	<p>31</p> <div data-bbox="1684 899 2016 1230" style="background-color: yellow; text-align: center; padding: 10px;"> <p><b>NO Regular Programs! Administration Day  LUNCH ONLY!</b></p> </div>

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# June 2024

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<b>3</b> 09:00a Mc Gs Discussion Group 09:15a EXERCISE TO MUSIC 10:15a EXERCISE TO MUSIC 10:30a Chess Club <b>11:00a Historical Arts and Crafts- Cotton Spinning</b> 11:00a Italian Conv. Group 11:00a Lunch 12:00p Gentle Movement 01:00p BRIDGE 01:30p Spanish Conv. Group 02:00p 3B Fitness 03:00p German Conv. Group	<b>4</b> 08:30a BALLET 09:30a TAP 10:30a Chess Club <b>10:30a Gratitude Poetry Class</b> 11:00a Lunch 11:00a ZUMBA GOLD 12:00p Line Dancing 01:15p Table Tennis Therapy 02:00p Pastel Painting 02:00p Ping Pong 03:00p DRAWING	<b>5</b> 09:00a Mens Coffee Group 09:00a Move to Music 10:00a FIT FOR LIFE 10:00a French Beginner Conversation Group 10:30a Chess Club 11:00a French Advanced Conversation Group 11:00a Lunch <b>01:00p Beasley Law Pres.</b> <b>02:00p Book Club: NEXT CHAPTER</b>	<b>6</b> 08:00a Ukulele Beginner 08:30a BALLET 09:00a Ukulele- Adv <b>09:30a Home Safety with the Newburyport Fire Department</b> 09:30a TAP 10:30a Guitar- Beginner 11:00a Lunch <b>11:00a MyActiveCenter Training</b> 12:00p Open Art Studio 01:00p MAHJONGG <b>01:00p Poetry &amp; Pizza</b> 02:30p CHAIR YOGA	<b>7</b> 10:00a News & Views 10:00a Oil Painting 10:00a Stretch with Lisa 11:00a Emotional Support Dogs 11:00a Lunch 11:15a Tai Chi- Advanced 12:00p Tai Chi- Beginner 01:00p Cribbage 01:00p Zen Doodle 02:00p Ping Pong
<b>10</b> 09:00a Mc Gs Discussion Group <b>09:00a Watercolor Open Studio</b> 09:15a EXERCISE TO MUSIC 10:15a EXERCISE TO MUSIC 10:30a Chess Club 11:00a Italian Conv. Group 11:00a Lunch 12:00p Gentle Movement <b>01:00p Adult Pottery- Glass Fusion Lighthouse Suncatcher- \$\$</b> 01:00p BRIDGE 01:30p Spanish Conv. Group 02:00p 3B Fitness 03:00p German Conv. Group <b>10 Dental Hygenist by appoint. only</b>	<b>11</b> 08:30a BALLET <b>09:00a A LOW VISION Support Group offsite trip -Carroll Center tour</b> 09:30a TAP 10:30a Chess Club <b>10:30a Gratitude Poetry Class</b> 11:00a Lunch 11:00a ZUMBA GOLD 12:00p Line Dancing 01:15p Table Tennis Therapy 02:00p Pastel Painting 02:00p Ping Pong 03:00p DRAWING	<b>12</b> 09:00a Mens Coffee Group 09:00a Move to Music 10:00a FIT FOR LIFE 10:00a French Beginner Conversation Group 10:30a Chess Club 11:00a French Advanced Conversation Group <b>11:00a Traveling Chef</b> <b>12:00p Village Talk</b> <b>01:00p Senator Tarr Constituent Services</b> <b>01:30p Stamp Club</b>	<b>13</b> 08:00a Ukulele Beginner 08:30a BALLET 09:00a Ukulele- Advanced 09:30a TAP 10:30a Guitar- Beginner 11:00a Lunch 12:00p Open Art Studio <b>12:00 BINGO</b> 01:00p MAHJONGG 02:30p CHAIR YOGA	<b>14</b> <b>08:30a Birding Tour-- Searching for Spring Migrants in Newburyport</b> <b>10:00a Hearing Clinic</b> 10:00a News & Views 10:00a Oil Painting 10:00a Stretch with Lisa 11:00a Emotional Support Dogs 11:00a Lunch 11:15a Tai Chi- Advanced 12:00p Tai Chi- Beginner 01:00p Cribbage 01:00p Zen Doodle 02:00p Ping Pong <b>Walmart Shuttle Day</b>

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# June 2024

<p>17 09:00a Mc Gs Discussion group 09:15a EXERCISE TO MUSIC 10:15a EXERCISE TO MUSIC 10:30a Chess Club 11:00a Italian Conv. Group 11:00a Lunch 12:00p Gentle Movement 01:00p BRIDGE 01:30p Spanish Conv. Group 02:00p 3B Fitness 03:00p German Conv. Group</p>	<p>18 <b>08:00a Private: NBPT Police-Training event</b> <b>No Pastel Painting or Drawing</b> <b>NO Gratitude Poetry Class</b> 08:30a BALLET 09:30a TAP 10:30a Chess Club 11:00a Lunch 11:00a ZUMBA GOLD 12:00p Line Dancing 01:15p Table Tennis Therapy 02:00p Ping Pong</p>	<p>19</p> 	<p>20 <b>08:00a Podiatrist</b> 08:00a Ukulele Beginner 08:30a BALLET 09:00a Ukulele- Advanced 09:30a TAP 10:30a Guitar- Beginner <b>11:00a Lunch with the Mayor</b> 12:00p Open Art Studio <b>12:00 BINGO</b> 01:00p MAHJONGG 02:30p CHAIR YOGA</p>	<p>21 <b>08:30a Birding Tour- Birding on Plum Island</b>  <b>10:00a Summer BBQ- Car Show</b></p> 
<p>24 <b>09:00a Coffee with the Cops</b> 09:00a Mc Gs Discussion Group 09:15a EXERCISE TO MUSIC 10:15a EXERCISE TO MUSIC 10:30a Chess Club <b>10:00a Emotional Support Dogs- Great Danes and Donkeys</b> 11:00a Italian Conv. Group 11:00a Lunch 12:00p Gentle Movement 01:00p BRIDGE 01:30p Spanish Conv. Group 02:00p 3B Fitness 03:00p German Conv. Group <b>Dental Hygenist by appoint. only</b></p>	<p>25 08:30a BALLET 09:30a TAP 10:30a Chess Club <b>10:30a Gratitude Poetry Class</b> 11:00a Lunch 11:00a ZUMBA GOLD 12:00p Line Dancing 01:15p Table Tennis Therapy 02:00p Pastel Painting 02:00p Ping Pong 03:00p DRAWING</p>	<p>26 09:00a Mens Coffee Group 09:00a Move to Music 10:00a FIT FOR LIFE 10:00a French Beginner Conversation Group 10:30a Chess Club 11:00a French Advanced Conversation Group 11:00a Lunch <b>01:00p Healthy Habits- Fats that heal-Fats that kill</b> <b>01:30p Stamp Club</b></p>	<p>27 08:00a Ukulele Beginner 08:30a BALLET 09:00a Ukulele- Advanced 09:30a TAP 10:30a Guitar- Beginner 11:00a Lunch 12:00p Open Art Studio <b>12:00 BINGO</b> 01:00p MAHJONGG 02:30p CHAIR YOGA</p>	<p>28 <b>08:30a Breakfast-\$\$</b> 10:00a News &amp; Views 10:00a Oil Painting 10:00a Stretch with Lisa 11:00a Emotional Support Dogs 11:00a Lunch 11:15a Tai Chi- Advanced 12:00p Tai Chi- Beginner 01:00p Cribbage 01:00p Zen Doodle 02:00p Ping Pong</p>

**\$\$- Pay and Register at the Main Office**

Newburyport Senior/Communtiy Center  
331 High Street, Newburyport, MA

**Phone: (978) 462-0430**

**Pastel Painting with Ann Harter—Tuesdays 2PM-3PM**  
**\$5 per class**

Have you ever wanted to learn how to create art with pastels? We will explore various ways to use the beautiful color of pastels as you draw a different image every week and make it your own. Each week Ann will teach to a specific topic.



Here is a schedule of upcoming classes:

- ◆ May 7th : What pastels are best for portraits
- ◆ May 14th Pet Portraits in Pastels
- ◆ May 28th Pastel techniques
- ◆ June 4th Learning the pastel color wheel
- ◆ June 11th How curves and straight lines are both important in Pastel art
- ◆ June 18th No Class due to a NBPT city event
- ◆ June 25th Keys to creating a better composition.

Anyone who wants to attend and work on their own project with the teacher's guidance can come too! All are welcome!!! It is great to spend time with others who enjoy art— join us!!! NO pre-registration is required.

**NEWS from**



**nourishing**  
the northshore

**Pay-What-You Can Seedling Sale:**

Save the Date! May 18, 2024 10AM to 3PM

Riverwalk Brewing  
40 Parker Street  
Newburyport, MA, 01950

**Nourishing the North Shore's annual Pay-What-You-Can Seedling sale will offer a variety of plants to kick start your home garden.** All of our seedlings are grown locally using Vermont Compost organic soil. Each seedling purchased at our plant sale will support NNS and our food access programs! All seedling sales support our community food access programs.

**VEGOUT Market:** Begins on July 11, 2024 Time: 10AM– 11:30AM at the Newburyport Senior/Community Center -Our VEGOUT program makes it easy for you to access healthy, locally grown vegetables! We pick up vegetables straight from Essex County farmers and deliver them directly to the SCC, where you can shop for other healthy foods as well. From June through October, you will find a wide variety of in-season vegetables to choose from. Make sure to mark your calendar and join us in July!!

The Newburyport Senior / Community Center strives to provide many different exercise, learning and fun opportunities for our community.

### Class Descriptions:

**Bridge:** Drop-in social Bridge games.

**Chess Club:** Drop-in social Chess games

**Cribbage:** Drop-in social Cribbage games

**Drawing:** Subject matter will be from photographs or drawing from life using objects and still life that are set up in class.

**Guitar– Beginner:** Drop-in class to learn the basic of guitar. You should bring your own instrument.

**Mahjonn:** A game played with tiles. They play the American version and new players are welcome to come learn.

**Oil Painting:** Technique is taught and creativity is encouraged.

**Open Art Studio:** Bring your project and work with us.

**Pastel Painting:** Each week the group works on a different printed picture provided by the instructor.

**Ukulele Beginner:** is an educational class for anyone that is new to the instrument.

**Ukulele Advanced:** is an educational class for anyone that has experience with the instrument and would like to become part of the Port City Ukulele Group.

**Zen Doodle:** is a form of Art Therapy that reduces stress, increases well-being and enhances relaxation. In this class, you will be guided to find your own ways of expressing your emotions so as to improve your overall health. No artistic ability is required.

**Exercise to Music:** Practice balance, flexibility, mobility, cardio/strength. Class is set to invigorating music and includes stretching, hand weights, no-impact and low-impact aerobic movements, and cool-down

**Gentle Movement:** Using influences from Dance, Fitness and Qi Gong, the Gentle Movement focuses on breathing, stretching, balancing, and gently working all major muscle groups, within exercise guidelines for those 50 and over.

**3B Balance, Bones & Brain:** This class will incorporate balance exercises to help prevent falls, strength training to improve bone density and trivia and brain games to help with cognition. FREE –sponsored by the FONCOA

**Ballet:** Ballet that enhances flexibility, strength, balance and confidence.

**Zumba Gold:** is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

**Line Dancing:** Individual steps are taught and then combined into repeating patterns that can be used in a variety of ways to accommodate different rhythms and musical styles.

**Table Tennis Therapy:** Although this social event is focused on providing a customized opportunity for individuals living with physical or cognitive impairments, all are welcome to play ping pong during this modified session.

**Ping Pong:** The Pongsters meet two times a week and enjoy playing, earning, watching, and chatting around the table to the soothing back-and-forth sound of the ping-pong ball

**Tap:** Fun, rhythmic, sound, movement to music.

**Move to Music:** On your feet moving to your favorite music from the 50s through the 90s

**Fit For Life:** An overall fun workout including strength, balance, brain, cardio and stretch, all set to fun oldies music.

**Chair Yoga:** Learn to reduce stress and relax through exercise that will release tension through the mind as well as the body.

**Stretch with Lisa:** one hour full body guided stretch.

**Tai Chi:** Tai Chi is a noncompetitive, self-paced system of gentle physical exercise and stretching that involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**MG's Discussion Group:** Informal group of "townies" that meet to discuss ideas, solve problems or make comments in a social group setting.

**News and Views:** Each week topics for discussion are suggested by the member and then voted on in order of the groups preference. Lots of lively and interesting conversations. All who enjoy discussing current events are welcome.

## Notes from the NCOA Outreach office:

The Outreach Specialist provides information and referral services; advocacy; outreach; home visits; programs and support services and one on one assistance to Newburyport older adults, their families and persons with disabilities. Emerging needs of older adults such as food stability, transportation, housing and homecare options may be addressed. Please contact Ann Freeman, Monday-Friday, 8:30-4:00 at 978-462-0430 for more information.



### OUTREACH PROGRAM AT HOUSING SITES

Ann Freeman, Outreach/Social Worker will be available to residents once a month at the following housing sites to provide Trivia Programs or information regarding services available in our area and through the C.O.A.:

Monday, May 13th and June 10th, 10:30-11:30 at **James Steam Mill**

Tuesday, May 21st and June 11th, 10:30-11:30 at **Sullivan Building**

Wednesday, May 15th and June 12th 10:30-11:30 at **Heritage House**



### Wellness Room Health Services



**Podiatrist**– Do you need your toenails trimmed? If so, a local Podiatrist will be at the SCC on Wednesdays, by appointment only. Appointments can be made at the Reception Desk. He is currently booking on May 15th and June 20th.

**Hearing Screenings:** Free hearing screenings are offered on the 2nd Friday of each month, by appointment only. Appointments can be made at the Reception Desk. He is currently booking on May 10th and June 14th.



**Dental appointments:** take place every other Monday beginning 6/10. To schedule a teeth cleaning appointment, please email [Gould.ellen@gmail.com](mailto:Gould.ellen@gmail.com) Payment of \$73.00 upon delivery of service.

**SHINE (Serving Health Insurance Needs of Everyone)**– SHINE provides FREE unbiased health insurance counseling information and assistance to Massachusetts residents with Medicare, their caregivers and those approaching Medicare eligibility. SCC can schedule telephone appointments for you. SHINE offers limited in person appointments. Appointments can be made with Ann Freeman, LSW. More information about SHINE can be found online at <https://shinema.org/>



**Low Vision Support Group:** is Tuesday at 10:00AM to 11:30AM

**Low Vision Support Group promotes confident living with vision loss. The group is sponsored by the Massachusetts Association for the Blind and Visually Impaired. The mission is to provide information about resources, devices and practices that will aide in adapting and maintaining a full and active life for those who are blind or with lessening vision. Transportation to the SCC is provided from Newburyport residents upon request.**

Low Vision Support Group: May/June

- Tuesday, May 14<sup>th</sup> at the Newburyport Senior/Community Center
- Tuesday, June 11<sup>th</sup> Outing to The Carroll Center for the blind– meet at the SCC at 9AM. Sign-up for transportation to the Carroll Center with Mary Kelly, Activities Coordinator





## Come and Travel with us!



The Travel program is coordinated through the Directors office. For more information about upcoming travel speak with the Director Sara Landry or check out the flyers located on the Bulletin board in the main lobby or on our message board. Trips are subsidized by the Friends of the Newburyport Council on Aging.

### **There is still a few seats available for this great day trip!!!**

**Monday, July 15, 2024– Jimmy Buffet Tribute Show & Lobsterbake at Foster’s in York, ME:** Just a few seats remain for this trip! If you are interested in more information, or want to sign up; please stop by the Newburyport Senior/Community Center! Additional information is located on our website: <https://www.cityofnewburyport.com/council-on-aging>

### **BIRD TOURS:**

We meet at the Newburyport Senior/Community Center and travel carvan style to viewing locations. There are limited seats in our center’s Mini Van, so if you want a seat in our center’s van, you need to reserve your seat with Mary Kelly– first come/ first serve!



### **BIRDING NEWBURY’S NEWMAN ROAD Date: Friday, May 10th -Time: 8:30AM - 11:00AM**

Join Sue McGrath for a leisurely walk on Newman Road as we search for birds. This salt marsh crossed by tidal creeks was created in the lowlands and valleys. This unusual, half-upland, half-marine landscape makes for a rich and diverse ecosystem. Wear sturdy footwear. There are no facilities at this site.

### **EXPLORE THE LITTLE RIVER TRAIL: Date: Friday, May 17th—Time: 8:30AM to 11:00AM**

Explore one of Newburyport’s best kept secret, birding locations. Seldom do you hear of groups birding the Little River Trail; during this program, Sue will show you this under-explored, birding area. We look forward to introducing you to new vistas and interesting observations at this gem of a property. Wear sturdy shoes; bring a hat, insect repellent and a beverage.

**SEARCHING FOR SPRING MIGRANTS IN NEWBURYPORT- Date: Friday June 14th -Time: 8:30AM to 11:00AM** We’ll search for newly arriving birds. If you have binoculars & a field guide, please bring them along.

**BIRDING ON PLUM ISLAND-Date: Friday, June 21ST—Time 8:30AM to 11:00AM: the Mini Van is NOT available on this tour!!!** Explore the various habitats at Plum Island we will focus on field marks, migrating behavior. Long-sleeved shirt and long pants are suggested.

### **Tips for Observing Birds:**

1. Join an organized bird walk. Leaders can really teach you how to observe, appreciate and identify the birds.
2. Try to observe and photograph birds without disturbing them.
3. Stay on existing roads and trails to avoid damaging fragile habitat.
4. The best time to watch for perching birds is the first two hours after sunrise and the last hours before sunset. Ducks, waders and shorebirds

can be observed all day. On misty or rainy days, birds normally are active most of the day.

5. Wear clothes of natural colors. Avoid clothing that may snag easily or will rustle.

6. Make as little noise as possible and speak with a low voice or whisper in order not to scare the birds away.

7. Walk slowly and make no rapid movements. Remember an experienced bird watcher may walk less than a mile an hour.

8. When with the group, always stay together as one flock so no one walks ahead or falls behind. That way, everyone will see the bird.

9. Avoid chasing or flushing birds.

10. Spend time in the field. Like with everything else, with practice, you’ll improve.





**Model Ship Club** Wednesday, May 15th at 11am- **NO June** meeting due to the holiday!

Members of the Merrimack Valley Ship Model Club will share examples of their craft with visitors to the Newburyport Senior/Community Center in the lobby starting on Wednesday, June 1st and running thru Friday, June 28th. These will include traditional ship models, half hulls and ships in bottles, representing a variety of vessels throughout history. The Club also hosts a monthly Open Workshop at the Center on the third Wednesday of each month, inviting all to share their experiences, watch techniques and learn about the celebrated maritime craft.

**Watercolor Open Studio –Watercolor Open Studio –Monday, May 13th and Monday, June 10th 9AM-12PM**

Watercolor Open Studio –Monday, May 13th and Monday, June 10th 9AM-12PM

**WATERCOLOR** The Newburyport Art Association Watercolor Interest Group is a community of artists that share their love for watercolor and seek to provide opportunities to learn, paint, and exhibit together. The group meets on the second Monday of each month at 9 a.m. to share, critique, and support members' creative work.

Members range from professional artists to novice painters. Members often volunteer to facilitate meetings and share things they have learned through workshops or individual exploration. Often there is a painting theme or challenge of the month. During warmer weather interested members meet to paint en Plein Air.

NOTE: The Newburyport Art Association Watercolor Interest Group will be exhibiting their work throughout the NSCC building from Wednesday, May 1st thru Friday, June 28th



**Important NOTES from the Friends of the Newburyport Council on Aging (FONCOA):**

**Become a MEMBER NOW** of the  
FRIENDS OF THE NEWBURYPORT COUNCIL ON AGING

FONCOA is in the middle of our ANNUAL MEMBERSHIP Drive! Membership is an important piece of our fundraising campaigns. These funds are used to subsidize financial support for the many events and programs here at the Newburyport Senior and Community Center. FONCOA supported several programs at the Center recently: the Valentine's Day dance, St. Patrick's Day music and the dance performers, snacks and beverages and the Super Bowl party. We also supply daily coffee, tea and condiments including the Newburyport Daily Newspaper. As the pleasant weather emerges, we will support the annual Summer Cookout and a car show, and the May Spring Fling Dance Party. Brains and Balance, a popular exercise class, will continue weekly, FREE thanks to FONCOA support. Lastly, FONCOA will be sponsoring a weekly outdoor concert, at the Senior Community Center this summer!

Please become a member today and know your membership helps us defray these costs and makes things happen. The more members we have, the more we can subsidize. The more we can subsidize, the more quality events and programs we will have here at the Center and make Newburyport the #1 place Seniors want to be a part of! Please get your membership forms at the center. Membership is \$10.00 for an individual and \$20.00 for a family. We also encourage any additional donations you can graciously give. Thank you and God Bless!

Deborah Mousley, President of FONCOA

**BINGO is BACK!!!** Bingo will take place on Thursday June 13th, 20th and 27th: from 12PM to 2PM at the SCC. John Stamatopoulos, former owner of **BINGO Connection** will be leading this fund program! The cost is \$1.00 per card, each card has 3 BINGO games. Make sure to sign-up on the sign-up wall as **space is limited**.



## COA May & June Newsletter

Happy Spring Council on Aging!



I am certainly ready for some nice spring weather. This time of year is always so busy in the city. It's budget season here in Newburyport. Our public schools have been working through their budget process and the School Committee will take a vote later this month. On the City side, each of the City's department heads submit their budget proposals and then we meet with each department head individually. We talk about the past year, what were the successes, what were the challenges and what trends are they currently seeing. In this meeting we also talk about goals for the upcoming fiscal year. It's a great opportunity to examine where each department is and how can we make it better. We also have some new department heads going through this process for the first time and it is great to give them as much support as we can. I will submit the entire budget to the City Council during their May 12th meeting.

We have many projects around the city that are moving right along. **Market Landing Park is still on schedule to complete by the end of May, with expanded park wings and a great shared use path connecting to the rail trail.** With help from the Institution for Saving, Newburyport Bank and the Mary Alice Arakelian Foundation we have completely funded the park amenities. These will include picnic tables, trellis swings, other seating options to help enjoy this beautiful new park on our waterfront. We also have a call out to local artists to commission a sculpture that will honor the City's shipbuilding history. The Cutter West End Fire Station is progressing and we are looking at completion around September. The Bulkhead project will continue into the summer and it will not disrupt another big boating season on the Merrimack River.

We are still moving forward with our plans to build a Rec Center at 59 Low Street. We purchased the former site of the Emergency Management Department from the National Guard in January 2022 for \$200,000. Two years later we are still moving forward with plans to renovate the building and add a gymnasium on the site. The Rec Center at 59 Low St would become the future home of the Recreation and Youth Services Department. We will continue to discuss our plans with City Council and we hope for full approval later this year. This will be a building that generations of Newburyporters of all ages will have the opportunity to enjoy. We are currently working on some private funding options to keep the overall cost to taxpayers down.

Soon we will begin the streets and sidewalk work around the city, setting up for outdoor dining and cleaning up our parks from the winter. Get out and enjoy everything Newburyport has to offer and I'll see you at my next **"Lunch with the Mayor"** at the COA.

-Mayor Sean Reardon



**Join us for lunch with the Mayor!**

**Lunch with the Mayor** will take place Monthly on **Thursday, May 16th and Thursday, June 20th** at 11:30AM. Please sign-up for a lunch with **Jane Albert**, Kitchen Manager if you want a lunch.

## June Spotlight

### Summer BBQ & Car Show : June 21st 10AM -2PM

"Come on down to the Newburyport senior center on June 21st, 10-2 PM to see classic cars from the 50's and 60's on display. Vote for your favorite or have your picture taken near one. Listen to Oldies music from J&C Entertainment. Let the good times roll!" The Newburyport Fire Department will be flipping up some burger and dogs during this event which is FREE – sponsored by the FONCOA! No pre registration is required! If it rains, the car show will be canceled but the BBQ and Music will still take place inside!



### Visit from Goldy's Farm Animal Sanctuary

#### Emotional Support Great Danes and Donkeys!

Event will take place outside and under our sailcloth tent!

**Monday, June 24t 10:00AM– 11:00AM**

**No May date due to holiday**

Carlene White, Owner of Goldy's Farm, has inadvertently changed hundreds of lives and given mobility to the dis-

abled, purpose to wavering souls, and inspired people to think beyond the norm and live a life full of purpose.

Goldy's Farm-The animals that live on Goldy's Farm are all rescued by the "Equine Rescue Network" (ERN). ERN was founded by Janine Jacques in 2011 to help at risk equines (Donkeys, Horses and Mules). ERN has rescued over 1000 equines since 2011. They currently focus on Amish Driving horses, plow horses and mules.

The mission of Goldy's Farm is to help seniors and veterans achieve peace and joy through our animals. We currently have a mobile team visiting veteran & senior centers weekly and have scheduled visitors to our farm to enjoy donkey walks and coffee with the Donkeys at "Donkey Cafe".

### **June Spotlight: Beasley Law presentation Wednesday, June 5 from 1:00PM – 2:30PM**

Join us for one of our invaluable seminars and learn the keys to protecting your home and life savings from an unexpected nursing home stay, how to avoid the costly and draining probate process, plus many other end-of-life planning strategies. Attorney Edward Beasley of Donohue, Beasley & Ferber and Greg Gagne of Affinity Investment Group will present this powerful educational session at Newburyport Senior Center to register, go to [docrlaw.com/seminars/](http://docrlaw.com/seminars/) or call 1-800-370-5010

**Volunteers and Tax Work Off Program:** Are you interested in volunteering? Are you looking for a way to give back? Stop by the SCC and see Sara. We are currently taking volunteer applications for per diem greeter/front desk positions –Volunteers at the front desk, greet guests, answer phones and help with general office work, such as filing and collating. Paperwork for the FY25 work off Program will be available at the SCC in June!

**Traveling CHEF!!** This special lunch is offered free for those who sign up, courtesy of The Greater Newburyport Village, FONCOA and Agespan!

- May 15th– Carving Stations
- June 12th– Chicken Parm

**Space is limited- Sign up with Jane Albert, in the Kitchen!!!!**

**NO Writing Group in JUNE!!**





June is  
**NATIONAL  
SAFETY  
MONTH**

June is a time to increase public awareness of safety risks and decrease the number of injuries in the home. Each week throughout National Safety Month in June is an opportunity to make a difference in your home, work, and community. Identifying risks around the home or improving safety standards at home and in your community protects everyone. Whether we

increase first aid and emergency awareness through drills or provide water safety tips for summer recreation, we're taking steps to provide a safer neighborhood. We hope you can join us for this important presentation by the Newburyport Fire Department.

**Home safety-Thursday, June 6th 9:30AM-10:30PM-** Slips, Trips and Falls Safety– Learn how to make your home safer. Ken Parseghian, NBPT Fire Safe Educator, Newburyport Fire Department will be presenting!

Please pre-register for this program and call Ann at 978-462-0430 for further information. There is no fee.

**The Gratitude Series: Tuesdays, May 28th, June 4th , 11th , and 25th , 2024**

10:30 to 11:30 AM —Suggested donation of \$5 per class

*8 participants maximum*

**Series of Delights**

Gratitude is medicine. It promotes endorphins, lowers blood pressure, and kicks our parasympathetic nervous system into action. Poetry is a direct arrow to our gratitude glands.

This June, join Elizabeth Rose for four weekly sessions of awe, inspiration, and mind-altering healing through poetry. Each week, Elizabeth will lead the group with poems, meditation, music, and stories to awaken our inner stores of gratitude. **No writing experience is necessary, only the desire to listen deeply.** The group is confidential, and sharing is optional, although encouraged. Some writing and journaling will be suggested.

Elizabeth Rose is an experienced teacher of adults and children. She holds an LICSW and has a psychotherapy practice in Georgetown, MA. She also has an MFA in creative non-fiction and is a published writer of poetry and prose.

**Registration for this program is through the Front Desk!**

**Self-Help with Energy Psychology**



**Thursday, May 16<sup>th</sup> will be the only session for this newsletter-No June date.**

"A brief introduction to the Energy Psychology method of Thought Field Therapy; the predecessor of Emotional Freedom Techniques (EFT) Tapping." Sign up on the sign-up wall!!!!

**Upcoming Newburyport Council on Aging Board meetings:**

- ⇒ Thursday, May 16th at 9am
- ⇒ No Board meetings over the summer

**Upcoming Friends of the Newburyport Council on Aging meetings:**

- ⇒ Tuesday, May 21st at 3pm
- ⇒ No Board meetings over the summer

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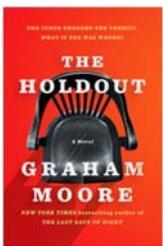
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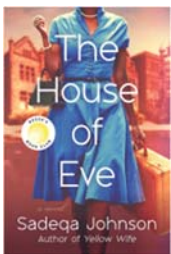
Newburyport, MA  
Permit NO. 1

The Next Chapter Book Group invites you to join our monthly book discussion on the first Wednesday of the month at 2pm. We will be meeting at the Senior Community Center. This meeting will be held in the Boardroom. Registration is not required, and masks are optional.



**WEDNESDAY, MAY 1st 2:00—3:00 PM** -This month's title is "**The Holdout**" by **Graham Moore**. "It's the most sensational case of the decade. Fifteen-year-old Jessica Silver, heiress to a billion-dollar real estate fortune, vanishes on her way home from school.

Her teacher Bobby Nock is the prime suspect after illicit text messages are discovered between them--and Jessica's blood is found in his car. The subsequent trial taps straight into America's most pressing preoccupations: race, class, sex, law enforcement, and the lurid sins of the rich and famous. It's an open and shut case for the prosecution, and a quick conviction seems all but guaranteed. Until Maya Seale, a young woman on the jury, convinced of Nock's innocence, persuades the rest of the jurors to return the verdict of not guilty, a controversial decision that will change all of their lives forever. Flash forward ten years. A true-crime docuseries re-assembles the jurors, with particular focus on Maya, now a defense attorney herself. When one of the jurors is found dead in Maya's hotel room, all evidence points to her as the killer. Now, she must prove her own innocence--by getting to the bottom of a case that is far from closed. As the present-day murder investigation weaves together with the story of what really happened during their deliberation, told by each of the jurors in turn, the secrets they have all been keeping threaten to come out--with drastic consequences for all involved."



**WEDNESDAY, JUNE 5th 2:00—3:00 PM** -This month's title is "**The House of Eve**" by **Sadeqa Johnson**. "1950s Philadelphia: fifteen-year-old Ruby Pearsall is on track to becoming the first in her family to attend college, in spite of having a mother more interested in keeping a man than raising a daughter. But a taboo love affair threatens to pull her back down into the poverty and desperation that has been passed on to her like a birthright. Eleanor Quarles arrives in Washington, DC, with ambition and secrets. When she meets the handsome William Pride at Howard University, they fall madly in love. But William hails from one of DC's elite wealthy Black families, and his parents don't let just anyone into their fold. Eleanor hopes that a baby will make her finally feel at home in William's family and grant her the life she's been searching for. But having a baby—and fitting in—is easier said than done. With their stories colliding in the most unexpected of ways, Ruby and Eleanor will both make decisions that shape the trajectory of their lives."

*Books are available for request via the library catalog. Email [programs@newburyportpl.org](mailto:programs@newburyportpl.org) or call 978-465-4428 x242 if you have any questions, or to have a librarian put the book on hold for you.*



# 69% of seniors will need some sort of long-term care. What's your plan to pay for it?

- Could I lose my home and life savings to a nursing-home stay?
- What if my adult child divorces or dies?
- What if my adult child is battling creditors or addiction and inherits the estate?

If these, or questions like them, are keeping you up at night, don't miss this powerful educational session with key steps you can take to create a lasting legacy. Planning early is critical.



## Wednesday June 5, 1:00–2:30 PM

Newburyport Senior Center  
311 High Street, Newburyport, MA

To register, go to [docrlaw.com/seminars](http://docrlaw.com/seminars) or call 1-800-370-5010

Check our website for additional seminars being offered nearby in New Hampshire.



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